

[CLAIMS]

[Claim 1] A process for preparing rice gruel in an aseptic package, the process comprising the steps of:

rinsing raw rice and immersing the rice in water;

putting the rice in a heat resistant plastic bowl and sterilizing at 130-150°C for 4-8 seconds four to ten times repeatedly;

adding cooking water into the bowl in an aseptic space and cooking the rice; and

sealing and wrapping the bowl.

[Claim 2] The process as set forth in claim 1, wherein 30-70 wt% of the
5 cooking water is first added prior to the cooking process, and the residual amount
of the cooking water is added before the wrapping.